

Entered at the Postoffice at Corvallis Oregon, as second-class matter.

THIS PAPER will be found on file at the following named places, where advertising may be contracted for at our regular rates:

C. W. LOMLER & Co., Advertising Agents, Portland, Oregon.  
L. P. FISHER, Advertising Agent, San Francisco, California.  
GEO. P. ROWELL & Co., Advertising Agents, No. 10 Spruce Street, New York City.  
J. H. BATES, Advertising Agent, 41 Park Row, New York City.  
N. W. AYER & SON, Advertising Agents, Philadelphia, Pa.

**BROWN BREAD.**

The most Healthful and Strengthening Diet Ascertained from Historical and Scientific Investigation.

Beyond all question a well selected vegetable diet is the best fitted to promote health, strength and for mental or physical labor. A great percentage of the manifold disorders which afflict humanity are generated by the use of pork, and other meats in immoderate quantities, and prepared in preposterous forms with lard, rich sauces, seasoning, etc. "Vegetable aliment, as neither distending the vessels, nor leading the system, never interrupts the stronger action of the mind; while the heat, fullness and weight of animal food is adverse to its efforts."

Cornaro, the dietest, allowed himself to 12 ozs. of dry food, and 14 ozs. of liquid food per day, from the age of 40 to 100. Of all animal food in common use, pork is decidedly the worst. Its use as food frequently engenders an extremely painful disease, by many pronounced incurable, caused by a filthy parasite which exists naturally in the muscles of swine. "Good bread contains the best food for man in the proportions required for healthy nourishment. Wheat is the king of grains, the most perfect food for man; but we have bread also of rye, oatmeal, barley, maize, rice, etc., and even a baked potato is closely allied to bread. At best white bread is often the cause of disease. Unless one eats considerable proportions of fruit or vegetables with it, it produces constipation. "The sweetest and most nutritious, the healthiest bread in the world is made from unbolted wheat-flour. Bread not the dry and tasteless sometimes made by bakers by mixing bran with their ordinary dough, but bread made of the "whole meal" of good sound wheat, and containing all its nutritive elements. Chemists have found by analysis that the nitrogenous or flesh forming portion of wheat resides chiefly in its outer layer, the very part thrown away or given to cattle, and physiologists have also discovered that it is this portion which keeps up a healthy action of the bowels. No person who lives chiefly or largely on genuine brown bread, or its equivalent, in perhaps a better form porridge made of coarse wheat meal ever suffers from constipation, and long standing cases, even of years standing and constant use of aperients, that did not soon yield to such a diet.

"From the earliest known ages brown and wheat bread has been famed as a most healthy invigorating food. Hippocrates, the father of medicine, prescribed it, the hardy Spartans lived on it, the Romans of the heroic ages lived on it, and their armies conquered the world on a diet of brown bread. The most healthy peasantry of central Europe ate it as their common food. Baron Steuben said the peculiar healthfulness of the Prussian soldiery a century ago was owing to their living almost entirely on unbolted wheat bread. During the naval glory of Holland her sailors ate the same kind. During the wars of Napoleon, when wheat was dear in England, the army because of economy, was supplied with brown bread. The soldiers at first refused to eat it, threw it away, all but mutinied, but in a few days they liked it better than the white and their health so much improved that in a few months disease was almost banished. Many of the nobility adopted it, and physicians began to prescribe it. An orphan asylum in New York was cured of epidemic ophthalmia by the use of brown bread in place of white. "And this brown bread, with its equivalent preparations, is the purest, the healthiest, the best form of human food. The model food for childhood and youth; the food of growth, purity, beauty, intellect, in one word, of health is brown bread, milk and fruit. There is absolutely no need of any other. A pound of wheat has more nutritious value than three pounds of beef or mutton.

**STATE BOARD OF IMMIGRATION.**

We learn that the above named Board at one of their recent meetings held at Portland, Oregon unanimously adopted the following to-wit:

"Resolved, That in the opinion of the board of immigration commissioners the sending of immigration agents to Portland to represent by personal work their respective counties is an unnecessary expense, is ill-advised, contrary to the letter and spirit of the circulars issued by the commissioners under date of April 8th, has a tendency to create discord among the counties and their representatives; has already been fruitful of these results, and is detrimental to the best interests of the state in this direction; whereas the appointment of an agent to reside at or near the county seat, to whom the state board can confidently direct immigrants for information and location in such county would be of greater utility and productive of better and desired results."

For some time past we have heard from different sources that the great state board of immigration lacked by the great state of Oregon whose expenses are paid by the people's purse, have been sending immigrants seeking new homes, to the farthestmost ends of the railroad in different directions thus giving to the railroads as much of the immigrants hard money besides sending them to the poorest parts of the state. We do not propose to vouch for the truth of it but from some cause of the 200 and upwards who are daily arriving in the state hardly any of them reach the valley counties, the garden spot of this coast until after they have traveled all over the out skirts, by-ways and outposts of the whole state, after the immigrant has thus been duped most of them turn their steps to the place from whence they came and thus they fail to see the best and most desirable parts of Oregon. Judging from the resolution above the state board don't intend to let any of the immigrants go to the valley counties if they can help it. To be sure there would be confusion when the state board was endeavoring to send immigrants out to some mountainous brush heap while at the same time the agents from some beautiful and fertile valley county was trying to get them to go to a decent and desirable place. Discard would be no name for it, but it would be a great benefit to immigrants if the county agent could thus prevent them from being duped and might be the means of assisting them to comfortable and desirable homes. While on the other hand by the time the state board got through marching them over the mountains, canyons and brush heaps of some remote corner of the state the poor immigrant would very naturally become disgusted with all humanity and especially the state board of immigration, and would naturally start for some better place where state boards with axes to grind could not be found.

Since Mr. B. F. Irvine resigned his position with the O. & C. R. R. company Mr. Koehler the receiver of the company has sent one W. L. Jester, to take charge of their business at the office and depot here, and a great joker he is, in fact with the business men of this place. When Mr. Irvine was in charge of the company's business he was always accommodating and obliging and under his management the people and business men who patronized the road were able to get their freight promptly and on the day when it came but the new joker who has taken his place refuses to allow freight to depart from the depot or be unloaded from the cars the same day on which it arrives, hence freight which arrives at Corvallis on the trains in the afternoon, the business men are compelled by the stupidity and disoblighing management of this joker to wait until the next day some time in the forenoon before they can get it. This has never been the case before at this depot, and never did we hear of such delay and lack of business activity at any other of the depots on either the east or west side roads, and why should it be done here now. There is not a particle of reason for it, because almost every day the drays and trucks before the advent of this joker, have been able to load and deliver the freights to the owners the same day that it arrives. Only last Saturday Mr. Currier was in town, who lives some eight miles from here, and was expecting some freight on the train that day, which came at the expected time but on account of Mr. Koehler's joker, he was unable to get the freight that afternoon and hence he was compelled to go home without it. By the time Mr. Koehler employs a few more jokers to delay business and abuse their authority, his Rail Road

will need two or three more receivers to keep it from taking the dry rot. It is probable, however, that Mr. Koehler does not understand anything of the supreme stupidity of the management now adopted at the depot.

During the presidential campaign of last year on every hand was heard of the large and overflowing sums of money locked up in the National treasury. Mr. Hendricks in several of his speeches demanded a change in the way of a democratic administration, in order that the money might be distributed among the people and thus go forth into the many channels of trade and into the pockets of the poor and needy people. During the last month of Sec. McCulloch's time he did not make a call for bonds, in order that a strong treasury might be left for the Cleveland administration. And now it is said that Manning "does not feel that there is money enough on hand to justify a call for bonds." Thus we find that Democrats were mistaken in their loud harangues about the surplus in the treasury and Hendricks is convicted of demagoguery and falsifying because he knew better than to suppose his assertions were true. The people who were thus deceived by Hendricks' shameful falsehoods will do well to know and remember that the Democratic administration has not changed in any way the Republican financial policy, except to make it more conservative, and to "lock up" still more money in the treasury.

The New York Times, for a long time a leading Republican paper, took up with the mugwump faction last year, and the result is that it has been offered for sale. The Republicans dropped it and took up the Tribune instead, which paper made heavy gains in circulation as well as influence. This seems to be the result with all papers in the east which deserted their principles for the self-righteous mugwump-demagoguery. The Republicans would no longer support them and neither would the Democrats, because the latter even were disgusted with dis-water, in a newspaper as well as they would be in a tumbler, and thus while the bolting papers had a conscientiousness of their own firmness it left them with an empty treasury.

**PRESS COMMENT.**

The Benton Leader, says: "Aint it just about time the sickly and nauseous sentimentality about this man (Grant) was stripped. The free American people, those who are not too stupid and bow down at the word of command to worship some man who has been written great, are sick and tired of all this stuff. Gen. Grant is a man who has done much service to and deserves well of his country. But for all he has done he has been repaid a hundred fold. The country owes him nothing, all and more too has been repaid."

Commenting on the above the Salem Talk says: "We don't wonder at this outburst of sympathetic feeling for the suffering humanity that is overburdened with news regarding the condition of the old General; but there was a time—still fresh in the memory of the people—when the name of Grant sounded even less musical to the ears of the rebel editor of the Leader than it does now."

**AVEY & IRVINE,**  
(Successors to S. B. Link.)  
**Cash Dealers in**  
**BOOTS AND SHOES.**

Prices as Low as the Lowest.  
The Largest Stock in the City.  
The Best Workman in the State.  
CORVALLIS, OREGON.

**D. C. ROSE,**  
Manufacturer and Dealer in  
Domestic Keywest and Havana  
Cigars.  
Wholesale and Retail.  
Chewing and Smoking Tobacco  
and Smoker's articles generally.  
Also just received a fine lot of  
**POCKET CUT ERY.**  
No Chinese labor employed.  
CORVALLIS, OREGON.

**OCCIDENTAL HOTEL**  
Corvallis, Oregon.  
CARAN & GIBLIN, PROPRIETORS.

THE OCCIDENTAL is a new building, recently finished, and is first class in all its appointments.

**RATES LIBERAL.**  
Stages leave the hotel for Albany and Yaguima Mo. Mondays, Wednesdays and Fridays.

Large Sample Room on First Floor for Commercial Men. 19-25 1/2

**SHAVING SALOON.**

—AND—

**«BILLIARD PARLOR.»**

S. L. HENDERSON, Prop.

(First door south of Fisher's block.)

Corvallis, Oregon.

The Billiard Parlor, is fitted up in first class style, and supplied with a No. 1 Table always in good order. Lovers of the game will find a quiet and orderly place to spend an hour in these parlors with the assurance of being uninterrupted by rowdiness.

The Shaving Saloon.—Old and new Customers will find good accommodations, sharp razors, clean towels and an obliging proprietor ever ready to attend to your wants. 22-11-11

—AT—

**J. W. HANSON'S.**

Clothing and Tailoring Emporium.

You can find the latest styles of ready made clothing, also the finest

Pants Patterns and Suitings

Ever brought to Corvallis.

READY MADE CLOTHING

«FUSSE» TO ORDER.

Constantly on hand a full line of

Furnishing Goods, Underwear,

Shirts, Neckties, &c., &c.

CALL AND EXAMINE MY STOCK.

No trouble to show goods.

Two floors South of Will Bro's.

CORVALLIS, OREGON.

**Ornamental, Useful**  
**CHRISTMAS PRESENTS**

Something that will last and

Be a Joy Forever,

At Philip Weber's

FURNITURE STORE.

Patent Rockers, Folding

Chairs, Picture Frames,

Brackets, Work Bas-

kets,

And in Fact

**«EVERYTHING» NICE**

In the Furniture Line for the

Holiday Trade.

JOHN KELSAY. E. HOLGATE.

KELSAY & HOLGATE

Attorneys at Law.

Prompt attention given to business entrusted to us, in all the Courts of the State. Demands collected with or without notice by the U. S. Will collect claims against the Government at Washington, D. C. Holgate, a Notary Public, will give strict attention to conveying, negotiating loans, buying, selling and leasing real estate, and a general agency business. Local agents for the Oregon Fire and Marine Insurance Company of Oregon, a reliable home company backed by the heaviest capitalists of the State. Office in Burnett's new brick, first door at head of stairs. 19 1/2

KELSAY & HOLGATE

Real Estate Agency.

A. P. Gaines.

Real Estate, Employment and Collection Agency.

Business Collector. References on

IF O. E. First door south of Fisher's Brick, main

CORVALLIS OREGON

GREAT NORTHWESTERN RAIL RY.

**OREGON BLOOD PURIFIER**

**PFUNDERS**

**KIDNEY & LIVER REGULATOR**

one who work early a full lot, next a wholesome

relief to Medicine like "Purifier." Oregon Blood

Purifier. As a remedy it treats of disease

it can not be best. It checks Rheumatism and Mala-

ria, relieves Constipation, Dyspepsia and Biliousness

and puts fresh energy into the system by making

NEW, RICH BLOOD. All Druggists and dealers

keep it. \$1.00 bottles, 6 for \$5.00. 22-11-11

SCIENTIFIC AMERICAN

ESTABLISHED 1845

The most popular Weekly news-

paper devoted to science, mechanics, en-

gineering, discoveries, inventions and patents

ever published. This publication furnishes

a most valuable encyclopedia of information which

no person should be without. The popularity of

the SCIENTIFIC AMERICAN is such that its cir-

culation nearly equals that of all other papers of

its class combined. Price, \$3.00 a year. Discom-

to Clubs. Sold by all newsdealers. MUNN & CO.,

Publishers, No. 31 Broadway, N. Y. C.

Munn & Co. have

also had Thirty-

Seven Years' ex-

perience in the

practice before

the Patent Office, and have prepared

more than One Hundred Thou-

sands of applications for patents in the

United States and foreign countries.

Caveats, Trade-Marks, Copyrights,

Assignments, and all other papers re-

lated to the securing of rights in the

United States, Canada, England, France,

Germany and other foreign countries, pre-

pared at short notice and on reasonable terms.

Information as to obtaining patents cheer-

fully given without charge. Hand-books of

information sent free. Patents obtain-

ed through Munn & Co. are noticed in the Scientific

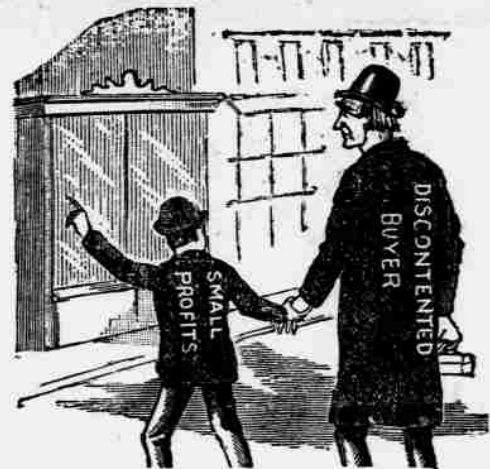
American free. The advantage of such notice is

well understood by all persons who wish to dispose

of their patents.

MUNN & CO., Office SCIENTIFIC AMERICAN, 31 Broadway, New York.

SMALL PROFITS.



SMALL PROFITS.

The time for big profits and long credits is of the past, and if superseded by small profits and a cash system offers an excellent chance for retrenchment. Considering the present condition of affairs it behooves every person to practice economy and to obtain for every dollar expended the best and most satisfactory result. This can be only accomplished by a strictly CASH SYSTEM. The expense of keeping accounts and the cost of collection must of necessity be added to the price of goods sold. There is also a more important contingency to be provided for, namely: the number and amount of bad accounts that are unavoidable in giving credit, no matter how careful the seller may be.

These losses must be made good by charging cash customers a higher price, to make up for losses sustained on worthless accounts. Being fully alive to these facts and in sympathy with the present condition of the farming community, we have placed ourselves in a position to offer every advantage to cash purchasers.

While our prices appear low, we would state that all goods sold by us are first-class and guaranteed in every respect as represented. Long experience in the mercantile business, together with a competent knowledge of the various markets, enables us to purchase our supplies as low as any house in this section. Our new Spring and Summer stock is now complete in all departments, and we respectfully solicit an inspection of the same.

Thanking our numerous patrons for the liberal patronage extended to us for the past twelve months, we kindly ask a continuance of the same.

Yours anxious to please,

**ONE PRICE NOLAN'S CASH STORE.**  
Corvallis, Oregon.

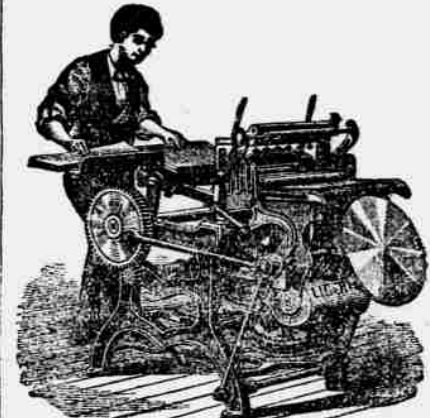
**THE BEST MACHINERY**

**IN THE WORLD.**

- MCCORMICK TWINE BINDERS.
- CHAMPION TWINE BINDERS.
- CHAMPION MOWERS and REAPERS.
- BUFFALO PITT'S THRESHERS.
- FRACTION STEAM ENGINES.
- HAINES' HEADERS.
- HAY RAKES and FORKS.
- RAIN WAGONS.

**A Nice Line of**

**Spring Wagons AND HACKS.**



**Fine BUGGIES AND CARRIAGES.**

**STEAM Saw Mills AND Mill Machinery.**

**Rubber and Leather BELTING.**

Correspondence Solicited.  
Catalogues furnished on Application.

**WOODCOCK & BALDWIN,**

Corvallis, Or.

FOR ANY KIND OF

JOB PRINTING.

From a Calling Card to a Full

Sheet Poster,

The Corvallis Gazette Office

HAS NO SUPERIORS

In Quality and Prices.

Send for prices and estimates.

**TENTH YEAR OF PUBLICATION THE WEST SHORE**

The only illustrated Magazine devoted to the development of the Great West. Contains a vast amount of general information and special articles on subjects of interest to all. Ably conducted! Superbly illustrated! Only \$2 a year. L. Samuel, Publisher, No. 122 Front Street, Portland, Or.